Waukesha County **UW Extension**

Farmers Market Fresh

Roasted Root Vegetables

Ingredients:

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)

2 chopped carrots

1 medium chopped onion

1/4 cup vegetable oil* season with your favorite spices

*You can use less oil depending on the size of the vegetables—try adding oil one tablespoon at a time until coated.

> University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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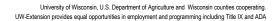
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Directions:



- 1. Preheat oven to 350°F.
- 2. Cut vegetables into large (1 inch) chunks. (Make chunks similar in size so they finish roasting at the same time.)
- 3. Place in a medium bowl and pour oil over top. Add seasonings and mix well.
- 4. Spread an even layer on a baking sheet.
- 5. Bake for 45 minutes to 1 hour or until tender.

This recipe was modified from University of Nebraska-Lincoln Extension.

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